

You are not Alone!

If you or someone you know is experiencing a life-threatening emergency or is attempting to commit suicide, the first response is to **call 911**. For other urgent mental health concerns, specialists are available

During **Normal Duty** Hours (Monday-Friday, 7:30 a.m. to 4:30 p.m.):

Schofield Barracks Soldier Assistance Center (Schofield Barracks Health Clinic, Building 687, 2nd Floor): **(808) 433-2778 ext 361**

Schofield Barracks Family Life Chaplains: **(808) 656-4481**

Military and Family Life Consultants: (Schofield Barracks, Bldg. 2091 (ACS on Kolekole Ave)): **(808) 222-7088** www.mhngs.com

Adult Family Member Assistance Center (Schofield Barracks Health Clinic, Building 681, 1st Floor) **(808) 433-2778 ext 362**

During **Non-Duty** hours:

Schofield Barracks Acute Care Clinic, (Schofield Barracks Health Clinic, Building 684, 1st Floor): **808-433-8850**

Tripler Army Medical Center Emergency Room: (808) 433-6629/3710

On Call Chaplain: Contact the Division Emergency Operations Center (24/7) at **(808) 655-8764** to request chaplain assistance for yourself or for someone you believe is depressed and in danger of harming themselves.

Suicide Prevention Hotline Line 1-800-273-TALK (8255)
www.suicidepreventionlifeline.org/

Army OneSource Help Line 1-800-342-9647

TriWest Behavioral Health 1-866-284-3743
<http://www.triwest.com/beneficiary/BehavioralHealth/Default.aspx>

Army Suicide Prevention Website <http://www.armyg1.army.mil/hr/suicide/default.asp>